



Virginia Commission on Youth

Collection of Evidence-based Practices for Children and Adolescents with Mental Health Needs

4th Edition

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Background – Childhood Mental Health Disorders

- Mental health disorders affect 1 in every 5 young people at any given time.
- More children suffer from mental health disorders than from leukemia, diabetes, and AIDS combined.
- Children with untreated ADHD drop out of high school 10 times more than other children.
- Between 5 to 20% of all children are diagnosed with Anxiety Disorders.
- One in 100 children is diagnosed with Bipolar Disorder or Schizophrenia.
- One in every 110 children [one in every 70 boys] has an Autism Spectrum Disorder.
- Half of all adults with mental health disorders reported that the disorder started before age 14.
- Of the children diagnosed with a mental health disorder, only 1 in 4 receive appropriate treatment based on scientific evidence.



Financial Impact – Childhood Mental Health Disorders

- Estimated costs for the treatment of child mental health disorders are approximately \$11.75 billion or \$173 per child.
- Effective mental health treatments for children can improve school readiness, health status, academic achievement, and reduce the need for special education services.

Source: Sturm et al. 2001; Ringel & Sturm, 2001.



Evidence-based Practices (EBPs)

- EBPs have been scientifically tested.
- EBPs demonstrate improved outcomes for children with mental health disorders.
- EBPs serve as a guide for clinicians, mental health policy-makers, and families.



Outcomes Demonstrated by EBPs

- Symptom Reduction and Improved Functioning
 - improved school attendance and performance;
 - improved family and peer relationships;
 - decreased involvement with law enforcement and the juvenile justice system;
 - decreased rates of substance use and abuse; and
 - reduction in self-harm and suicide related behaviors.
- Prevention of Deep End Service Use
 - decreased hospital admissions, institutional care, and other types of out-of-home placement.



Challenges with EBPs

- Difficulty accessing information about EBPs
- Too many options
- Difficult for service providers to make informed choices
- Research on best practices constantly evolving
- No central clearinghouse for service providers/families to access information about EBPs



One of Virginia's responses for EBPs

- *The Collection of Evidence-based Practices for Children and Adolescents with Mental Health Needs (Collection)*



History of the ***Collection***

- SJR 358 (2003) directs COY to:
 - ✓ Seek the assistance of the Advisory Group, Secretary of Health and Human Resources, Secretary of Public Safety, and Secretary of Education in posting, maintaining and biennially update the ***Collection***; and
 - ✓ Make the ***Collection*** available through web technologies.
- First published in 2002
- Now in its 4th Edition



Rationale for Updating the ***Collection***

- Provides an updated listing of EBPs for treating youth with mental health disorders
- Reflects current research on best practices
- Assists in prioritizing treatment options
- Serves as a resource for providers and families



SJR 358 Advisory Group

- DBHDS
- DSS
- DMAS
- DJJ
- DOE
- VDH
- Office of Comprehensive Services (CSA)
- CSBs
- COY members
- Local CSA/CSB
- Advocacy Group Representatives
- One Child Psychiatrist
- Two Clinical Psychologists
- School Psychologist
- Parent Representatives
- Virginia Tech University
- Virginia Commonwealth University
- Private Providers
- Area Health Education Centers (AHEC)
- Independent Living Providers



Collection 4th Edition – What's New

- New graphic
 - Website/bookmark
- Standalone sections
 - Pediatric Bipolar Disorder
 - Obsessive-Compulsive Disorder
 - Habit Disorders (Tic Disorder/Trichotillomania)
 - Trauma
- Easy-to-use tables
 - Summaries of EBPs for each disorder



Collection 4th Edition – What's New *(cont.)*

- Assessment suggestions
 - Specific measurement tools for each disorder
- Terminology
 - Intellectual disability v. mental retardation
 - Autism spectrum disorders v. pervasive developmental disorders
 - Additions to glossary, acronyms & abbreviations
- Search feature (coming soon)



Collection 4th Edition now on COY Website

- Compiled by section into a comprehensive HTML document.
 - Hyperlinks organized by disorder
 - Includes hyperlinks to listed sources & resources
- To access:
 - Go to <http://vcoy.virginia.gov> and
 - Click on the ***Collection*** link



Dissemination of ***Collection***

- Posted to COY website
- Linked to child-serving agencies' websites
- Additional cost-effective dissemination approaches
 - University libraries
 - Area Health Education Centers (AHEC)
 - School Divisions/Parent Resource Centers
 - Virginia's 91 library systems



Other Activities/Partnerships

- ***Collection*** included in an online course for social workers, psychologists, nurses, and other clinicians.
- Referenced by
 - U.S. Department of Health and Human Services
 - Virginia's Mental Health Law Reform Panel Task Force on Children and Adolescents Report



Ideas for Future ***Collection's*** Updates

- Minor review/update during the summer of 2011
- Major update during the summer of 2013
 - reflect changes in the American Psychiatric Association's *Diagnostic & Statistical Manual of Mental Disorders (DSM)*
 - *DSM-V* slated to be published in May 2013.
- Proposed updates to *DSM-V*
 - Changing the three ADHD subtypes
 - Non-Suicidal Self-Injury
 - Modifications to Trauma
 - Additions to Eating Disorders Subtypes



Questions/Comments?

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